

Strand Theatre

L. G. DUREPO, Res. Man.

Program for Week of July 2

This theatre can only reach its greatest success by consistently giving you the type of entertainment you want. We would appreciate your writing us a letter or telling us in person wherein we succeed or fail to please you.

Monday, July 2, Matinee and Evening

Wm. Fox presents

SHIRLEY MASON

IN

Shirley of the Circus

A sumptuous production of life "neath the 'big top.'" Lillian Leitze, star equestrian with Ringling Bros. and Barnum & Bailey circus, taught the petite Shirley a few stunts in trick riding. Come and see the popular star "put the stunts across."

Comedy—"Long Shot." Aesop's Fables.

Matinee, 10c and 25c. Evening, 15c and 25c.

Tuesday, July 3

HARRY CAREY

IN

"Canyon of the Fools"

A thrill-a-minute Western play taken from the Saturday Evening Post story of the same name. It's a Carey picture with an endless succession of punches.

Comedy—"Busy Body." International News.

Matinee, 10c and 25c. Evening, 15c and 25c.

Wednesday, July 4, Matinee at 1:30, Evening 8:45 and 8:40

The season's biggest hit. Elmer Clifton's great production

"Down to the Sea in Ships"

Never before has a photo-dramatic production made its bid for public approval backed by the weight of critical enthusiasm that has greeted this production. It is so utterly out of the beaten path, so daring in its conception, so masterly in its handling, that wherever it is shown, it is hailed as the best of the year. Seeing this picture will give you as many thrills as a big 4th of July celebration—and the expense will be small in comparison.

Comedy—"Keep 'Em Home." Topics of the Day.

Matinee 15c, 25c. Evening 15c, 25c.

Thursday, July 5

Larry Evan's Comedy Drama of Youth, Love and Struggle

Are You a Failure?

With a great cast including Madge Bellamy, Lloyd Hughes and Tom Santschi.

Comedy—"The Fatal Photo," starring Charlie Murray.

Pathe Review.

Prices 15c and 25c.

Friday, July 6, Matinee and Evening

GLADYS WALTON

IN

A Dangerous Game

From the Ladies' Home Journal story, "Gretchen Ann," by Louis Dodge.

Wm. Desmond in "Around the World in 18 Days"

International News.

Matinee, 10c, 25c. Evening 15c, 25c.

Saturday, July 7, Matinee and Evening

"Thorns and Orange Blossoms"

With a great cast including Estelle Taylor, Edith Roberts and Kenneth Harlan.

An excellent production adapted from the well known novel and stage play of the same name by Bertha M. Clay, and "FIGHTING BLOOD," Round 1. Light the red fire, boys, and shoot off the Roman candles. FIGHTING BLOOD is coming—coming to tear the roof off the nation in one grand and glorious upheaval of joy. Written by America's favorite humorist, H. C. Witwer, author of "The Leather Pushers," two-act stories which appeared in "Collier's," will knock the whole country for a row of nickel-plated ass-cans.

Scenic Featurette, "The Explorers."

Matinee, 10c and 25c. Evening, 15c and 25c.

COMING NEXT WEEK

Viola Dana in "A Noise in Newbury."

Mary Carr in "The Custard Cup," a Fox special.

Dorothy Dalton in "Fogbound."

"The Hero," a special production.

COMING SOON.

"The Famous Mrs. Fair."

"Poor Men's Wives."

"Cordelia The Magnificent."

A. L. A. Service Station

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Tires and Tubes, Cords and Fabric

Blow out patches, lace on patches, pumps, bulbs, Hassler shock absorbers, fan belts, radiator stop leak, running board mats, G. M. C. tires, oil cans and Ford parts.

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No drops or dangerous drugs used in the examination of the eye.

Office Hours: 8:30 to 12:30 to 6 P. M. Monday and Saturday evenings.

Other hours by appointment. Office phone 120-2; Residence phone 207-8.

185 Main Street,

Opera House Block, - Norway, Maine.

Look for the "Clock in the steeple."

HOMEMAKERS' COLUMN.

Correspondence on topics of interest to the ladies is solicited. Address: Editor HOMEMAKERS' COLUMN, Oxford Democrat, South Paris, Me.

Begin Now.

The people who have been from illness this winter are emerging into an active spring, free also from "that tired feeling." They are the people who have mixed a few of the newly discovered facts, given us by dietitians, with their foods. Perhaps the facts themselves are not so new, but given with reason, instead of as arbitrary conclusions, they justify attention.

The well people, free from the petty ills that pull us down, are the people who mixed plenty of vegetables with their winter diet, and who added to the menu some raw vegetable or fruit. Apples, oranges, lettuce, turnip can be obtained all winter. Yes, even raw turnip in tiny squares adds to a salad!

Begin now to plan safely for another year. Unless we begin in spring or early summer, we shall not have an economical supply of exactly what we need. Begin with asparagus; put a part of it into cans, for home-made vegetables, if properly done, seem to give more satisfaction than the delightfully crisp product obtained from the canner. Perhaps, it is the home touch that adds relief. At any rate, when there is no other salad available, try one from your own canned string beans. Children's school gardens have taught us how to get really excellent results from a small plot of ground. String beans, to can successfully, must be recently picked. Save a few for your table. Have a little flourishing corner of winter asparagus. Spinach preserves its qualities in the last. It is another vegetable which may now be obtained fresh all winter.

Two people who eat enough green things with their winter diet can dispose of four dozen small jars of string beans, two dozen of asparagus, four of spinach, and a few of peas. These are all of small sizes, which are good for either vegetable or salad. Add to this as many peas of pea-pods, peas, apple sauce, and berries as can be obtained. The half-pint jar is economical for this purpose, as it is easily used up in one meal or two.

There was a time when "spring fever" was considered inevitable. Now we know that it is largely a result of months without sufficient exercise, and meals of heavy, unlighted food. The salad habit is difficult to acquire. We have to overcome a sense that green vegetables and fruits in winter cost money; too long we have considered these things as luxuries. But the meat bill lessens in proportion as the vegetable and fruit bill increases. It is a matter of economy to salad. A census of the men who voluntarily eat celery, lettuce, red cabbage, or green radishes, would find that they are all well. One difficulty in our method of preparing these simple articles of food.

Do prepare them; what the man like is not to have them prepared at all! They balk at a dressed salad, when they will eat a salad with salt, but they balk at lettuce or raw cabbage tucked into their armpits. A little urging and a little help is necessary; it may be that there must be a little insistence on modern methods of getting vigor from vitamins. It will require much less effort on the part of those who have the old-fashioned man to feed, if the insistence does not, also, include the swallowing, porfing, and strange and unwholesome dressings.

It is now that we must prepare for next year's campaign. Plant out, if you have a strip of ground three feet by six, two rows of parsnips. These you leave in the ground, and do not dig until the first frost has touched them. Then, just as the family opens its mouth to protest against turnips, you bring in the long, white vegetables, with the fragrance of out-of-doors upon them, and make them into a delicious stew, or slice after boiling, and brown delicately with the salt drippings of the breakfast bacon.

Here is a "fresh" vegetable which the reach of all persons who have a strip of ground to plant, and a row-par to pry up the earth, if it becomes too locked for too many weeks in winter. Dig the last parsnip before the end of March. Underneath the soil, spring begins its unsuspected work while we are still abed in furs, and if we approach the parsnips too late, we find a hard, woody center growing up to hold a tender stalk for next season's blooming.

A window box, or a flower-pot, will grow enough parsley for the winter's garnishing. Seeds planted in the spring will slowly mature and grow, ready to transplant when September comes around. It is surprising how green they nibble at a garnish when other green things are scarce!

Begin now, then, to prepare for next winter's diet. Put into glass jars, sugared just enough to preserve the natural flavor; a cup of sugar to three parts of water will accomplish this result. Put into jars clean, fresh vegetables from each season's harvest, and plant a few roots, that is, parsnips, to dig when the frost has done its kindly work to make them succulent.

Seasonable and Tested Recipes.

GREEN SOUP OR YOUNG PEAS.

Shell enough young green peas to make a quart, and add six cups of water in a saucepan; season with a few sprigs of green mint and a good teaspoonful of salt, and let cook until peas are done. Press through a colander; add two tablespoons of butter, blend with two teaspoonsful of sugar, one tablespoonful of arrowroot, and one-half a teaspoonful of white pepper. Add to the water in which the peas were boiled, and stir until the mixture boils again. Have ready one teaspoonful of Globig's meat extract; dissolved in a little hot water, and stir this into the soup before serving.

Clear chicken or veal stock may be used instead of water for the first cooking of the peas.

CHICKEN-AND-PINEAPPLE SOUP.

Select a large, very ripe pineapple. Wash, and cut into quarters. Core, pare, and cut the quarters into slices, and place the slices in a soup tureen. Chop the core and parings, and let boil in a pint of water for an hour, keeping up the quantity of water. Strain, and add to a quart of chicken stock and one-half a cup of honey. Let cool, and add the juice of one lemon, and pour over the sliced pineapple in the tureen. Place a large cube of ice in the tureen before bringing to the table. A little white pepper may be added to this soup with very good effect.

CHICKEN-AND-PINEAPPLE SOUP.

Heat one-third a cup of molasses, and dissolve in it one-fourth a cup of butter. Sift one cup and one-half of flour with one teaspoonful of baking powder, one-half a teaspoonful of salt, and one teaspoonful of grated nutmeg. Mix with one-fourth a cup of brown sugar, and add the whole to the molasses and butter. Dissolve one-fourth a teaspoonful of baking soda in a teaspoonful of water, and stir this into the mixture. Then add three-fourths a cup of cold oatmeal porridge, separating it with a fork, and mixing it thoroughly with the other ingredients. Lastly, stir in one-fourth a cup of seeded raisins, first floured. A beaten egg is an improvement to these muffins, if it is not necessary. Bake in well-greased muffin pans for twenty to thirty minutes in a rather hot oven. The proportions given are enough for a dozen muffins.

SUMMER SALAD, CHICKEN.

Mix equal parts of chicken and onion, hot out in cubes; arrange in cups, cut from whole cucumbers; season with French dressing to which a few drops of onion juice have been added. (If a richer salad be desired, mayonnaise or boiled dressing may be used.) Garnish with radishes, cut in points.

ONION-AND-NUT BREAD.

Sift together five cups of pastry flour, one cup of granulated sugar, one teaspoonful of salt, six teaspoonsful of baking powder, and one cup of sugar; add one-half a cup each of chopped candied orange and chopped pecan nuts; mix thoroughly. Beat one egg; add one cup of milk and add to the first mixture. Turn into a buttered brick-oven bread pan and bake forty-five minutes in a moderate oven.

Bankrupt's Petition for Discharge.

In the matter of JESSE ROUTOT, In Bankruptcy.

To the Hon. JOHN A. PETERS, Judge of the District Court of the United States for the District of Maine.

JESSE ROUTOT, of Bangor, in the County of Oxford, and State of Maine, in said District, respectfully represents that on the 16th day of October, last past, he was duly declared bankrupt by the Court, and that he has since that time been diligent in the discharge of his duties as a bankrupt, and that he has complied with all the requirements of the Act, except such debts as are created by law, and such as are due to the creditors of the estate.

Wherefore he prays that he may be discharged from his bankruptcy, and that the Court may order that he be released from the custody of the United States Marshal, and that he be permitted to resume the management of his affairs.

Witness the Hon. JOHN A. PETERS, Judge of the said Court, and the seal thereof, at Portland, in said District, on the 16th day of June, A. D. 1924.

JOHN A. PETERS, Clerk.

Attest: JOHN A. KNOWLTON, Clerk.

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